

The OT service works in close partnership with and provides consultation to other services that learning disabled adults may use.

These include:

- Health Facilitation Service, ELFT
- Social Workers and Community Nurses
- Physiotherapy
- Sight and Hearing
- Speech and Language Therapy
- Arts Therapy
- Positive Behaviour Support
- Intensive Support Team
- Independent living teams working in the borough councils
- Day Centres, Respite, Colleges, Schools
- Local Authority Occupational Therapy
- GP and Primary care Services

Confidentiality

We will not share any information that you give us without discussing this with you first and getting your consent.

The only exception to this is if we consider that your life or the wellbeing of someone else could be at risk.

Compliments, Comments and Complaints

We welcome feedback about our services so please contact the Patient Advice and Liaison Service (PALS) on Freephone **0800 783 4839** or email: **elft.pals@nhs.net**

If you are not happy with the service and your treatment, please ask to speak to the service manager to try and resolve this. Or contact the PALS team.

Contact Us

Occupational Therapy
Clinical Resource Centre
Twinwoods Health Resource Centre
Milton Road
Clapham
Bedfordshire
MK41 6AT

Tel: 01234 310589
Web: elft.nhs.uk

BEDFORDSHIRE AND LUTON

Occupational Therapy

Services for people who have a learning disability



We promise to work together creatively to: learn 'what matters' to everyone, achieve a better quality of life and continuously improve our services.
We care . We respect . We are inclusive



**We care
We respect
We are inclusive**



East London
NHS Foundation Trust

Aims of the service

We see clients who are having significant difficulties with everyday tasks; those that they either need or want to do.

We can help by identifying occupational elements that are contributing to these difficulties and then provide advice, support and client centred intervention to assist Individuals to achieve identified occupational goals.

The ultimate aim is the improvement of someone's physical and/or mental health and sense of wellbeing.



Model of Practice

The service uses a practice model called the Model of Human Occupation (MOHO); Kielhofner 2007. This looks at how different factors are influencing a person's ability to carry out activities that are important to them (eg activities of daily living, work or leisure). These key factors are:

Motivation – which considers the influence of a person's interests, values, beliefs and sense of efficacy on their motivation.

Roles, Habits and Routines – which considers the balance of a person's activities and occupational roles as well as how routines and habits help to sustain a healthy lifestyle.

Performance skills – which considers the person's physical and cognitive capacities to complete activities as well as their communication and interaction skills

Environment – which considers a person's physical, social and cultural settings.

Summary of services offered

- Holistic assessment of a person's Occupational functioning - using standardised assessments.
- Detailed assessment of individual factors that are thought to be adversely affecting Occupational functioning and health (e.g. motivation, skills).
- Advice on adaptation of environments (e.g. altering layouts), tasks, support, routines to maximise a person's level of functioning.
- Advice on the use of specific activities or coping strategies or development of new roles, interests, routines, skills to enable improved occupational functioning.
- Sensory Integration based interventions—people with a learning disability and/or Autism spectrum disorder and other neurodevelopmental conditions are more likely to have sensory processing difficulties. Helping these individuals to understand and organise their sensory systems.
- Carer training to support the implementation of recommendations.